

How to Respond to Substance Use

Your care and concern have power and influence. You can use your understanding of your loved one's use to help them make positive changes. Use this document to create an action plan that will help you respond differently to your loved one's substance use and help them make positive changes.

Positive Rewards

Positive rewards are used to "thank" your loved one for their behavior or actions. Positive rewards can be verbal (a simple thank you or acknowledgement), physical (a hug or special meal), or a small gift (tickets to a movie or a book). Think about how you can use positive rewards with your loved one and fill in each section below.

Behaviors that I want to reward are:

Verbal rewards that may appeal to my loved one:

Physical rewards that my loved one may appreciate:

Small gifts that I can give to my loved one:

Ignoring Substance Use

Ignoring your loved one when he/she is drinking or using drugs will 1) make it less likely that you will argue/fight and 2) will make alcohol or drug use less rewarding. Complete each section below to help you identify how you can apply this concept.

Things I can do when my loved one is drinking or using drugs:

Things that may get in the way of ignoring his/her substance use:

Enabling Behaviors

Enabling behaviors make it easier for your loved one to continue to use alcohol and drugs. By avoiding enabling behaviors, you are allowing your loved one to experience the negative consequences of his/her alcohol use. Complete each section below to help you recognize and change enabling behaviors.

Enabling behaviors that I have used in the past:

What I can do instead:

The first enabling behavior that I am going to try to change is: